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## Some thoughts and advice

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: September 19, 2025, Friday

Dear Sophie, and all the Sophies, Sophie-sisters:

Just needed to give you some advice about DOCTORS, DENTISTS, PEDIATRICIANS, COUNSELORS, even SCHOOL COUNSELORS:

Do not at any point in time whatsoever discuss your FEELINGS, EMOTIONS, MOODS, THOUGHTS, STRESSES, ANXIETIES, UNHAPPINESS ABOUT ANYTHING with any of these people with MDs, PhDs, and positions of so-called "AUTHORITY".

Very censorious and Communist-type laws have been passed in Massachusetts and New York and other states, which permit these characters to behave like overarching authoritarians who will take over your life, calling it healthcare, and stick labels on you, saying this is for your MENTAL HEALTH or your BEHAVIORAL HEALTH. If you ever hear either of these terms, LEAVE THE DOCTOR'S OFFICE IMMEDIATELY.

Your Mental Health is entirely the business of yourself and your parents, period, your most caring family members. If ever you are worried about anything, find someone in the family to speak with. If you were here Sophie, you would speak with me. You can still speak with me at any time. Just email or write me a letter. Call a cousin and ask to have lunch with her and have a chat. FAMILY. Just remember that. Speak only to your most trusted family members.

As you may know I am and have been covering the doings of MENTAL HEALTH DEPARTMENTS and what they are daring to call BEHAVIORAL HEALTH. They are working hard to expand these departments and force "TREATMENT"--that is, DRUG TREATMENT, aka LOBOTOMIES on people. Read Brave New World. They are working hard to bring in Brave New World, with most people--including schoolkids, college kids, and people at work--DUMBED DOWN in a hierarchy of dumbness. They are trying to remove human intelligence and the way they have sought is this way, force drugs on people to neurodumb and mentally retard people. If at all you have seen a pediatrician or a counselor or therapist who has suggested drugs, then those drugs are removing parts of your brain. You will suddenly experience an inability to read, comprehend, write. In addition you will be enrolled without your consent in HUMAN EXPERIMENTATION PROJECTS, either public-domain or all black, that is, MILITARY. The Military have developed NEUROWEAPONS which include drugs and nanotech and they are looking for more and more people to experiment on. They are out of control and are being reported--the Military, Police, and Mental Health are part of my subjects of focus in my journalism. But the way the CIA and Military grabs people is through DECEIT and TERROR. They are using neuroweapons and energy weapons to induce crises in people, then rushing in with police and EMS to take people to hospitals after which it is all LABELS and DRUGS and repeat Terror from these thugs. America has become like Stalin's Soviet Union and Nazi Germany.

Be very mindful around all your friends as well. If anyone seems to be unhappy, help them--but be aware there are WOLVES IN SHEEP'S CLOTHING among all our friends now. If any one of these friends seems to be ACTING or ACTING OUT, leave the area, say goodbye and go to the library or cafeteria. Do not be around your PRETEND FRIENDS who are seeking to get YOU dragged into "CRISIS" scenarios. Avoid all the drama fiends and be by yourself if that's what they are doing.

Remember, the ENERGY weapons they can use to induce depression, misery, moodiness are aimed at the CHAKRAS. Get some orgonite or a smooth river stone and wear it at your heart, at the center of your chest. It will stop anyone trying to attack your heart chakra and make you sad. Similarly the other chakras. If you start feeling moody or unhappy at any time, just move. Because people can aim these energy weapons long-range at you while you are in the library, a dorm, a classroom, from a car in the parking lot for example. So just move, go do something else. Or use your metal waterbottle or something metallic to shield your chakras.

If at all you find your reading comprehension has gone down you may be being RF-pulsed on the back of your head or the forehead. Try to find some metal shielding-- a plate, some Reflectix, some rubber to use to shield your head if so.

I am sending you these suggestions for enhanced awareness. Protect your brain and your chakra system. Do things regularly to stay upbeat--exercise, dance, music, reading, walking, etc. Eat plenty of fruit and veggies everyday and juices that you like. Spend time doing some of the things you love everyday. And help your friends do the same.

Avoid counselors and therapists and doctors because they are doing ILLEGAL things like this, sharing your health data with EXPERIMENTERS. These people hand out drugs to children. None of you should be on drugs of any kind for any reason.

ALSO: NEUROWEAPONS are being used to create facial tics, and can be used directly on the face or from the back of the brain on CRANIAL NERVES. If any of you has any kind of involuntary muscle movement on your face--as I have experienced--it means you are being hit. Again, move at once, try shielding the back of your head. But don't let anyone tell you you "need to see a neurologist". No. You need to shield, and to watch to see who may be doing this to you. Similarly with any kind of limb movement, any kind of shock like movement. It is all being done with NEUROWEAPONS. Tell your dad you need shielding. I have made pads for you before with flashing and Reflectix and rubber. These can be found in any Home DEPOT or can be ordered from Amazon.

I feel this is a time period of LUNACY we are going through in America and the world. The people using these weapons on us have lost their minds. They think this is forever. But these weapons have to be removed. They have become Intelligence, Military, and Police weapons, they are being used in stealth, and people all over are suffering extremely because of them.

Another commonly used weapon is a THERMAL heat weapon where hot almost 5G pulses are shot at face, head or neck or upper back. Again, leave the area, shield. Get a tiny fan. You can get a tiny fan you can use with a battery or plug into your computer.

Again, most of all avoid COUNSELORS and THERAPISTS and DOCTORS. If ever you feel you have a physical ailment, speak to me or an aunt or older cousin or your dad. Look up a book of remedies. We have several at home and everyone needs a Herbal Book of Remedies and some kind of Medical encyclopedia--there are many. I have occasionally listed some in my posts. I will find some good names and send them to you shortly. There is NO AILMENT that cannot be cured with good food, nutrition, rest, and herbal supplements. Ayurvedic practitioners will tell you Ayurveda heals treats and cures everything and they are right. So does TCM--traditional chinese medicine. An acupuncturist once told me you don't need ever to remove any part of your body as surgeons will advise in the so called "healthcare" system for people with probs with their livers or kidneys or appendixes etc. No. You need to see a TCM practitioner or Ayurvedic expert or good naturopath for real healing in such cases. In all your cases, you are children and young adults--you should be healthy and stay healthy. I am writing this letter to reassure you in case you ever get symptoms of anything and suspect you are being blasted with RF energy at any time--you can help yourself, you can shield, you can feel better. But make sure your family know, and defer all health decisions to your family, in any eventuality. Don't let anyone at school or in a doctor's office make decisions for you.

These energy and neuroweapons need to be stopped, and the entire false construct of Mental Health Departments and Psychiatry needs to be taken down. Trust me, I am working on it.

Ok next time I'll send you a good list of medical/health books to get. Yes, I must tell you: NATIVE AMERICAN REMEDIES and OLD EUROPEAN REMEDIES and MEXICAN REMEDIES and SOUTH AMERICAN REMEDIES, AFRICAN REMEDIES also offer and give us healing and health care, not just Ayurveda and TCM. Every culture on the planet really, every ethnicity has their own set of healing remedies which are ancient and brought down to us through kitchen remedies, by grandmothers, mothers, fathers, FAMILY. These are the ways we are held, uplifted and helped by family. So you can look for all these as well, go to a bookstore and see if you can get a good book yourself. If not get one from a list I will send you. Just do a Search you'll find many manuals I'm sure. But I'll send a list too.

As you know I have no address for you, no way to send you anything, no way to speak to you. The home phone is still the best way to call. I have cleaned out the old messages so leave a message sometime just to say hello. 617-481-6728. Write to me or write in a journal your feelings about anything. I want to sit down and speak with you about all aspects of your college experience when you get home.

I will post some pics of our backyard next time. The leaves are slowly turning, I am seeing yellows and oranges in the garden. We have some wildflowers in bloom but apart from that it seems the greens are turning. And all the other flowers--well there weren't many this year--have lost their petals mostly with seedheads showing here and there. A lone marigold, a lone calendula, oxalis blooming, a single pomegranate flower--it's been a quiet summer for flowers this year.

And remember, tell all your friends too: NEVER TAKE VACCINES. Tell everyone to stop, they put POLLUTANTS and ANIMAL RNA and DNA and FETAL CELLS in the human body and are increasingly causing sudden death and cancers to everyone, including adults. DETOXING daily from vaccines with good plant proteins, veggies, fruits is the way forward for all of us. Herbs too. Parsley, cilantro, dill are all cleansers. CARROT JUICE: drink carrot juice daily. Cleanses the liver. Bok Choy, spinach, kale. Become very green, make sure lots of greens are on your plate every day. The school fixation

on vaccines for all will change. That is definitely coming. Vaccines are a WRONG ROAD and they are not healthcare, they are CRIMINAL. Biotech is going to pay dearly for all the deaths and disability they have caused with vaccines.

Just remember, true healthcare is always Natural, it is Nature, the gifts and bounties of Nature which heal us.

Lots of love, and more next time,  
Your always Mom ❤️ 🌲 🌸 🌻 🌺

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On Sat, Sep 13, 2025 at 11:09 PM Ramola D <[ramolad1@gmail.com](mailto:ramolad1@gmail.com)> wrote:

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